

Report: full scan volleybal - 29-03-2013

Kinepraktijk
BeBalanced

Be Balanced Kinepraktijk

Hof van Riemenstraat 33c
2220 Heist-op-den-Berg

Joris Bockx

full scan volleybal - 29-03-2013

Results summary

Name of test: full scan volleybal - 29-03-2013 **Date:** 29 March 2013 **Athlete:** Joris Bockx **Age:** 27



56 %



1 Risks

0 - 24%: Extremely low

25 - 39%: Very low

40 - 54%: Low

55 - 69%: Low to normal

70 - 84%: Good

85 - 100%: Very good







List of injuries	Left	Right
Ankle Distortion	-	-
Patella Tendon Injury	-	-
Shoulder Overuse	-	 56 % 

Risk factor scores for all injuries


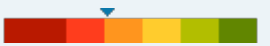





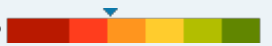
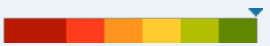





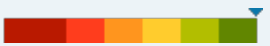

Injury History

	Left	Right
Ankle Injury	-	-
Anterior Knee Pain	-	-
Shoulder Injury	-	-

Antropometrics 3 Risks

	Left	Right
Navicular Drop	 24 % 	 46 % 
Forward Head Posture	 21 % 	

Flexibility 6 Risks

	Left	Right
Gastrocnemius Flexibility	-	-
Quadriceps Flexibility	 41 % 	 5 % 
Hamstrings Flexibility	 62 % 	 38 % 
Shoulder Laxity	100 % 	100 % 
Shoulder External Rotation Gain	-	 48 % 
Shoulder Internal Rotation Deficit	-	 0 % 
Pectoralis Minor Flexibility	100 % 	100 % 

Strength 6 Risks

	Left	Right
Scapular Strength	-	 63 % 
Isometric Middle Trapezius	-	59 % 

Isometric Lower Trapezius	-	66 %	
Shoulder IR Strength	-	⚠️ 18 %	
Shoulder ER Strength	-	⚠️ 29 %	
Isometric ER Shoulder Minimum	-	0 %	
Isometric ER SI Shoulder	-	0 %	
Isometric ER/IR Shoulder	76 %	58 %	
Shoulder ER Strength Eccentric	-	⚠️ 16 %	
Supraspinatus Strength	-	⚠️ 31 %	
Hip Abductor Strength	⚠️ 63 %	100 %	

Stability 2 Risks

	Left	Right
Single Leg Balance	79 %	85 %
Core Stability	85 %	
Rotatory Control	70 %	
Sagittal Control	100 %	
Leg Stability	⚠️ 61 %	⚠️ 61 %
Leg Alignment	47 %	47 %
Dynamic Balance	70 %	70 %
Pelvic Control	70 %	70 %

Functional 1 Risks

	Left	Right
Landing Biomechanics	⚠️ 68 %	
Landing Alignment (Bi)	70 %	
Landing Technique	67 %	
Scapular Biomechanics	-	100 %